

Preschool Connection

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Be a good role model

How can parents teach their children to be responsible for their own actions? One way is by being good role models themselves.

◆Be predictable. Children need to know the rules. In a world full of contradictions and change, a parent should be predictable.

If a child makes a mistake, he needs to know what to expect. Parents' position should be clear. A few simple rules, firmly enforced are more effective than many rules loosely enforced.

◆Be respectful. No one likes to be ridiculed or embarrassed. Within the heart of every child is the potential for greatness. Don't squelch it.

It is just as easy to take a child aside and point out an error as it is to make fun of him for a mistake in front of his friends.

◆Respect the opinions of children and recognize their intelligence. When making plans involving them, ask for their views and give consideration to their preferences, when possible.

Treat children as though they are important because they really are.

◆When you are wrong, say so. Just because children are smaller doesn't mean they can be easily fooled. You earn their respect when you say, "I goofed. I'm sorry. You're right."

Children love honesty, giving truthfully and acting truthfully are powerful examples. If you want your children to be able to admit mistakes, show them how to do it.

◆Be dependable. As children grow, they need less from their parents and more from themselves, but one need they will always have is dependable parents.

They need to know they can

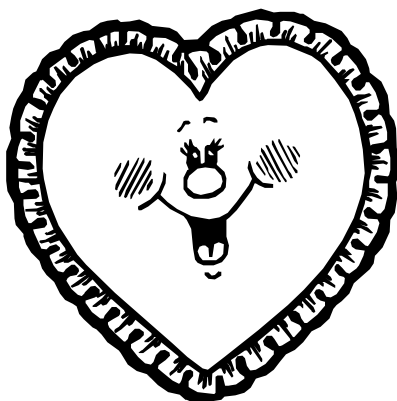
count on their parents to be on their side; to show love and concern when things don't go right; to forgive them for mistakes they make; to bake their favorite cookies.

Parents are the roots of a child's changing world.

◆Be an example. Avoid hypocrisy. If you tell a child not to smoke or use drugs, but you smoke and use drugs, what behavior can you expect?

With children one living example is worth 10,000 empty words. Children mirror their parents. See them and you see yourself.

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These activities are not a test to see whether your child knows the skills. If your child has trouble, give enough hints so that he or she can be successful. If the activity is too difficult or becomes frustrating, stop that activity and do something else that is fun. The main goal is to spend quality time with your child each day and to help your child be successful!

1 Match colors

Here's a fun ball game that can be easily assembled from materials on hand.

First, start with several containers that will hold a sponge such as cans, plastic containers, or small waste basket.

Next assign a color to each container by putting a colored piece of paper on it.

Use colored sponges match the containers. Or use colored wash clothes with a ball tied inside.

The object is to throw the sponge into the container that it matches its color. Points are given for making a basket.

Players can divide up into teams or everyone can try to score as much as they can in a given time period.

3 Birds

Dress a snowman with treats for the birds. A snowperson can double as a bird feeder. Try using:

- ◆ dates for the eyes and nose
- ◆ row of raisins for the smile
- ◆ pinecones rolled in peanut butter for buttons (or mix oatmeal in the peanut butter first)
- ◆ popcorn garlands for a belt or necklace
- ◆ sturdy branches for arms can give the birds a place to perch.

Read the storybook Stranger in the Woods by Carl R. Sams II and Jean Stoick, Publisher: Friends of Altona, Manitoba, 2000.

2 Games

The next time you are waiting for an appointment — or can't think of anything else to do— here are some easy activities that require only children and a large empty space. Ask this questions: How many different ways can you walk?

Very Slow	In a circle
Taking big steps	Taking tiny steps
On tiptoes	On heels
Pretend you are:	Walking uphill
Walking downhill	Walking in mud
Walking like a robot, a rabbit, a giraffe, a penguin, a prancing horse, a bear, etc.	

4 Favorite Cookies

Bake some cookies with your children. Let them help cut them out and decorate them.

Peanut butter cookies can be rolled out and cut into shapes instead of just shaped.

Chocolate sugar cookies can be rolled thin and made into homemade Oreo cookies. Buttercream frosting can be tinted to give them a festive look. Or chocolate frosting can be used for the double chocolate taste.

Please take a moment each month to fill out the brief questionnaire that we have included. We would like to know how helpful (or not) these newsletters have been for you, and how we can improve them for future years.

Please complete and return to your preschool teacher.

February 2007 Newsletter:

The information in this newsletter was (check one):

Informative. The right amount of information

Too brief

Too long

Not helpful

Other: _____

The activities were:

Helpful Activities you liked best (which numbers) _____

Not useful Activities you like least _____

The right amount of activities?

Comments: _____
